

WARREN COUNTY HEALTH DEPARTMENT WEIGHT MANAGEMENT CLASS

JULY 29, 2019

GOALS!

TAKE A LOOK AT YOUR "SPARK PEOPLE" GOAL SHEET. NOW KNOW THIS: BY LOSING *JUST* 5 - 7% OF YOUR BODY WEIGHT, YOU CAN REDUCE YOUR RISK OF BECOMING A DIABETIC! BESIDES THAT, YOU'LL HAVE MORE ENERGY AND JUST GENERALLY FEEL BETTER. SOUNDS PRETTY GOOD, RIGHT?

IF YOU DON'T HAVE GOALS, YOU CAN'T REACH THEM...SO IF YOU HAVEN'T ALREADY, GIVE LAST WEEK'S WORKSHEET YOUR ATTENTION.

FIRST OFF, MAKE SURE YOUR GOAL IS REALISTIC AND ACHIEVABLE. AS YOU NO DOUBT ALREADY KNOW, A LOSS OF 1 - 2 POUNDS PER WEEK IS THE NORM. IF YOU'RE SETTING YOUR GOAL FOR A MONTH, LET'S SAY FIVE POUNDS BY THE END OF AUGUST.

GIVE YOURSELF A SPECIFIC PLAN OF ACTION. THE SETUP OF THE GOAL WORKSHEET GIVES YOU THREE LINES TO FILL OUT; BE VERY THOUGHTFUL WHEN YOU DO THIS! YOU KNOW YOURSELF WELL ENOUGH TO REALIZE WHERE YOUR WEAKNESS (ES) LIE...DO YOU EAT AT NIGHT? DO YOU SNACK TOO MUCH? BE HONEST. ADDRESS THESE ISSUES NOW!

OF COURSE, YOUR GOAL NEEDS TO BE MEASURABLE. IF YOU DO WANT TO LOSE FIVE POUNDS BY THE END OF THE MONTH, YOU COULD DO A HALF-WAY POINT CHECK-IN ON THAT LINE NEAR THE BOTTOM OF THE PAGE. SO LET'S SAY -2.5# BY AUGUST 19TH WEIGH-IN. (NO WORRIES, OUR FANCY-SCHMANCY SCALE WEIGHS IN TENTHS OF POUNDS!) IF YOUR GOAL IS, SAY, TO WALK A MILE WITHOUT STOPPING, NO PROBLEM... JUST MARK OFF A MILE (OR YOU COULD USE A TRACK; MOST OF THEM ARE ABOUT A QUARTER MILE ONCE AROUND) AND GO FROM THERE. EITHER WAY, KEEPING A FOOD AND / OR EXERCISE JOURNAL WILL KEEP YOUR HEAD IN THE GAME!

TO STAY MOTIVATED, YOU NEED TO CONNECT YOUR GOAL WITH SOMETHING POSITIVE! FOR EXAMPLE, WALKING A MILE WITHOUT STOPPING WOULD MAKE IT EASIER TO PLAY WITH YOUR GRANDCHILDREN! LOSING FIVE POUNDS WOULD MAKE IT LESS STRESSFUL TO GO CLOTHES SHOPPING!

CHANGING YOUR BEHAVIOR WILL BE EASIER IF YOU HAVE SUPPORT. YOU'LL GET NO BETTER SUPPORT THAN IN THIS ROOM TONIGHT.

PUT YOUR WORKSHEET SOMEWHERE THAT IT'LL TURN UP IN YOUR VISION FREQUENTLY...SAY, IN YOUR PURSE - OR YOUR CAR CONSOLE. SEEING IT SHOULD REMIND YOU OF YOUR GOAL. BEFORE YOU PUT THAT FRY OR CHIP IN YOUR MOUTH, ASK YOURSELF: WILL THIS HELP ME REACH MY GOAL???

BRING YOUR WORKSHEET WITH YOU NEXT MONDAY!

HOW DID YOU DO WITH "NO ICE CREAM OR FROZEN TREATS?"

OUR "NO!" FOOD FOR THIS WEEK: CHIPS / SALTY SNACKS



SMART Goal-Setting Worksheet

Step 1: Write down your goal in as few words as possible.

My goal is to: _____

Step 2: Make your goal detailed and SPECIFIC. Answer who/what/where/how/when.

HOW will you reach this goal? List at least 3 action steps you'll take (be specific):

1. _____

2. _____

3. _____

Step 3: Make your goal is MEASUREABLE. Add details, measurements and tracking details.

I will measure/track my goal by using the following numbers or methods:

I will know I've reached my goal when

Step 4: Make your goal ATTAINABLE. What additional resources do you need for success?

Items I need to achieve this goal: _____

How I'll find the time: _____

Things I need to learn more about: _____

People I can talk to for support: _____

Step 5: Make your goal RELEVANT. List *why* you want to reach this goal:

Step 6: Make your goal TIMELY. Put a deadline on your goal and set some benchmarks.

I will reach my goal by (date): ___/___/___.

My halfway measurement will be _____ on (date) ___/___/___.

Additional dates and milestones I'll aim for: